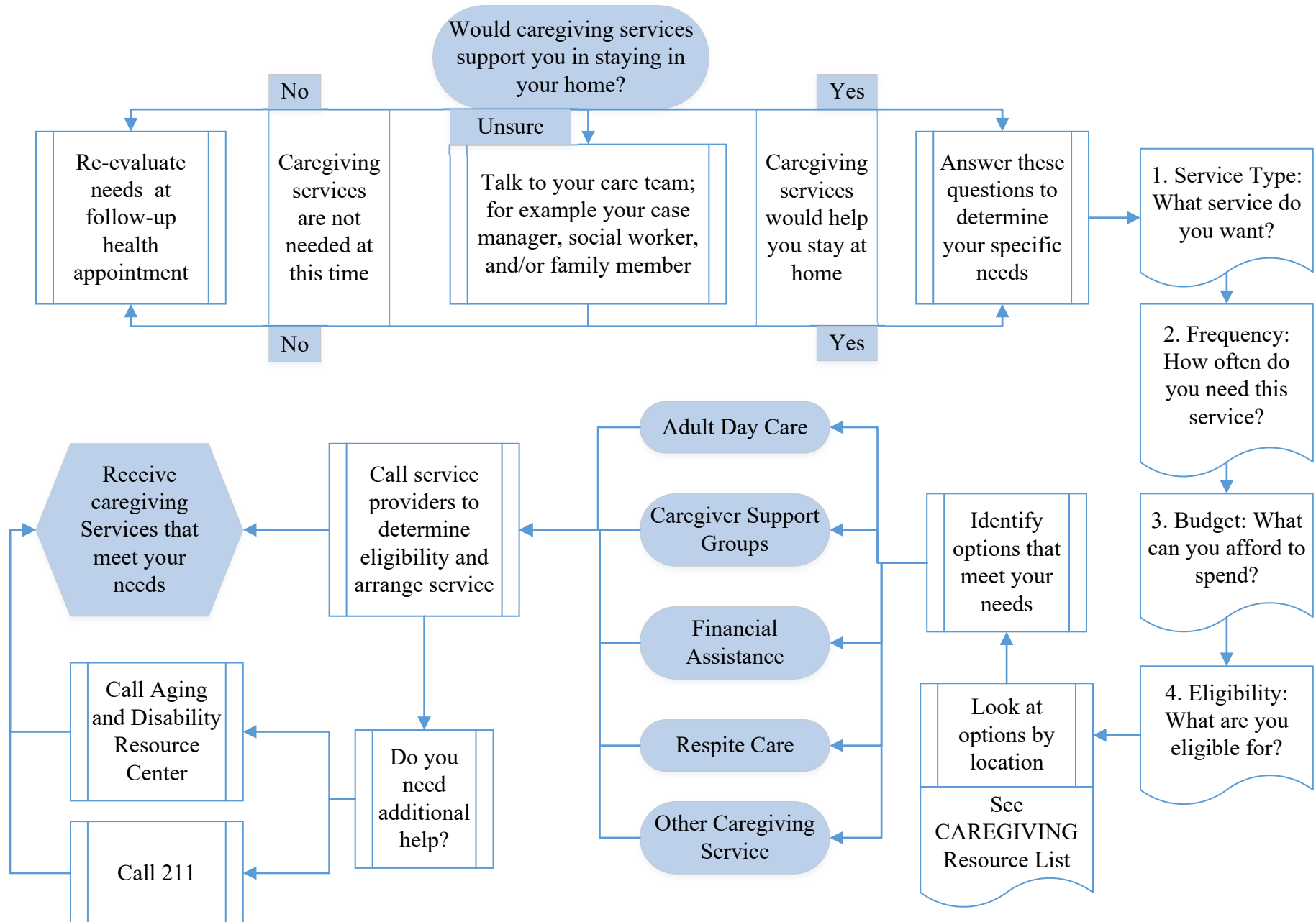


Decision Support – Answer these Questions to Determine the Service that is Right for You





DANE COUNTY  
Transitions of Care

Dane County Community-Based Care Transitions Coalition  
Resource Guide for Caregiving

**What is Caregiving?** Caregiving means helping another person who is ill, disabled, or needs help with chores and activities. Caregivers can be paid or unpaid depending on who they are. They could be a family member, friend or neighbor or they might be employees of an agency who provides these services. This guide lists several agencies who can assist you in finding the right caregiver for you.

**You or your loved one may benefit from Caregiving services if:**

1. There has been a decline in your health, strength and well-being
2. You need help with things like cleaning, laundry, house/yard work, meals, bathing
3. You are a caregiver and are starting to feel burned out and could use some help

**There are many types of Caregiving Services**

- **Adult Day Care:** A program that provides the elderly and other adults with activities, socialization and a meal in a group setting when caregivers are at work or need a break.
- **Caregiver Support Groups:** Support groups offer a chance to learn from others and talk about experiences. Meetings provide a chance to share information and get advice and encouragement.
- **Caregiver Education and Resources:** Classes teach caregivers how to provide care to loved ones and provide resources for support.
- **Home Health Care:** Home health care agencies provide health care services that can be given in the home. Home health must be ordered by a physician after he/she decides you are homebound and need help from a nurse or therapist. “Homebound” means that it is difficult for you to leave your home. Home health may be paid for by Medicare or other insurance. Contact your insurance to see what is covered.
- **Non-Medical Home Care:** Non-medical home care provides help with activities such as dressing, bathing, and preparing meals, so you can continue to live in the comfort of your home. These services are usually paid for by the patient or family.



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- **Respite Care:** Respite care provides a short break for families and unpaid care givers. Respite care may be provided by volunteers or by paid caregivers.

**Resources: Services listed may change. Please call the agency directly for the best information about their services.**

Name	Description of Services	Contact information
<b>Aging and Disability Resource Center (ADRC)</b>	The ADRC of Dane County provides information about resources and support on all aspects of life related to aging or living with a disability. They are a one-stop shop for older adults, people with disabilities and their families.	2865 N Sherman Ave, Madison, WI 53704 Phone: (608) 240-7400 Website: <a href="mailto:ADRC@countyofdane.com">ADRC@countyofdane.com</a>  Note: When you call be sure to tell them that you are looking for assistance with caregiving.
<b>Local Senior Center/Aging Coalition</b>	Serving several geographic areas, these agencies provide the entry points through which older persons—and their families—access a wide array of programs and services. Staff will help you decide which service is best for you.	See the attached “Dane County Senior Focal Points and Senior Centers” sheet.
<b>2-1-1 Wisconsin</b>	2-1-1 is a simple, free, confidential referral and information resource that links people from all communities and ages to the services they need.	Phone: 211 or (877) 947-2211 24 hours a day, seven days a week. Website: <a href="http://211wisconsin.org">211wisconsin.org</a>
<b>Share the Care™</b>	The ShareTheCaregiving organization (STCG) is dedicated to advocating and educating people about the need and responsibility we have to help	Website: <a href="https://sharethecare.org/">https://sharethecare.org/</a> Contact the ADRC for more information.



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	each other and offering a rewarding way to do so – through sharing the care.	
<b>Alzheimer’s and Dementia Alliance of WI</b>	Education and resources for dementia care Peer Gatherings and Caregiver Support Groups	517 North Segoe Rd., Suite 301 Madison, WI 53705 Phone: 608.232.3400 Toll-free: 888.308.6251 Email: support@alzisc.org Website: <a href="http://www.Alzisc.org">www.Alzisc.org</a>
<b>Alzheimer’s Association</b>	Whether you need information about early-stage caregiving, middle-stage caregiving, or late-stage caregiving, the Alzheimer's Association can help.	South Central Wisconsin Chapter: 2820 Walton Commons, Suite 132, Madison, WI 53718 24/7 Helpline Phone: 1-800-272-3900 Website: <a href="https://www.alz.org/">https://www.alz.org/</a>
<b>Area Agency on Aging of Dane County</b>	Monthly Caregiver Support Groups: There are several support groups in Dane County that meet at various times, days, and locations. Call the Area Agency on Aging at (608) 261-9930 for more information. <a href="https://aaa.dcdhs.com/cg_support.aspx">https://aaa.dcdhs.com/cg_support.aspx</a>	2865 N. Sherman Ave. Northside Town Center Madison, WI 53704 Phone: 608-261-9930 M-F, 7:45a-4:30p Email: <a href="mailto:AAA@countyofdane.com">AAA@countyofdane.com</a> Website: <a href="https://aaa.dcdhs.com/">https://aaa.dcdhs.com/</a>



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Dane County Community-Based Care Transitions Coalition

Resource Guide for Caregiving

**Wisconsin's Family Caregiver Support Programs**

Online resource for information on education and resource options within Wisconsin.

Dane County Address:  
2865 N Sherman Ave  
Madison, WI 53704  
Phone: 608-261-5679  
Toll-free: 1-866-843-9810  
Mon-Thurs, 8:00a-4:30p  
<http://wisconsincaregiver.org>



## Dane County Caregiver Support Groups

### Madison

Location	Date/Time	Organization	Phone	Notes
Alzheimer's Association 749 University Row #1 Madison	1 <sup>st</sup> Monday 12 noon	Alzheimer's Association	608-203-8500	Alzheimer's / dementia
Capitol Lakes 333 W Main St. Madison	2 <sup>nd</sup> Monday 12 noon	Alzheimer's Association	608-203-8500	Alzheimer's / dementia
ADAW 517 N Segoe Rd. Madison	1 <sup>st</sup> Wednesday 6 p.m.	Alzheimer's & Dementia Alliance	608-232-3400	Adult Children Alzheimer's / dementia
Covenant Presbyterian 326 S Segoe Rd. Madison	1 <sup>st</sup> Thursday 10 a.m.	Alzheimer's & Dementia Alliance	608-232-3400	Alzheimer's / dementia
East Madison/ Monona Day Center (EMMCA) 4142 Monona Dr.	3 <sup>rd</sup> Wednesday 10 a.m.	EMMCA	608-223-3100	General Caregiving

### Sun Prairie

Location	Date/Time	Organization	Phone	Notes
Hyland Park 881 Liberty Blvd. Sun Prairie	4 <sup>th</sup> Thursday 1:30-2:30 p.m.	Alzheimer's Association	608-203-8500	Alzheimer's / dementia
Colonial Club	3 <sup>rd</sup> Tuesday 6:30 p.m.	Alzheimer's & Dementia Alliance	608-232-3400	Alzheimer's / dementia
Lighthouse (New Perspective Senior Living) 222 S Bristol St. Sun Prairie	2 <sup>nd</sup> Tuesday 6 p.m.	Alzheimer's Association	608-203-8500	Alzheimer's / dementia

## Cross Plains

Location	Date/Time	Organization	Phone	Notes
Northwest Dane Senior Services 1837 Bourbon Rd., Cross Plains	3 <sup>rd</sup> Tuesday 6 – 7:30 p.m.	Alzheimer's Association	608- 203-8500	Supper & Support for caregivers & people with memory loss  Group eats together and then splits up for support and activity.

## Fitchburg

Location	Date/Time	Organization	Phone	Notes
Fitchburg Senior Center 5510 E Lacy Rd.	2 <sup>nd</sup> Thursday 10 a.m.	Alzheimer's & Dementia Alliance	608- 232-3400	Alzheimer's/ Dementia

## Waunakee

Location	Date/Time	Organization	Phone	Notes
Waunakee Senior Center 333 S Madison St.	3 <sup>rd</sup> Wednesday 3:30 p.m.	Alzheimer's & Dementia Alliance	608- 849-8385	Alzheimer's / dementia

## Stoughton

Location	Date/Time	Organization	Phone	Notes
Stoughton Senior Center 248 W Main St.	2 <sup>nd</sup> Thursday 2:00 p.m.	Alzheimer's Association	608- 203-8500	Alzheimer's / dementia
Stoughton Senior Center 248 W Main St.	1 <sup>st</sup> Thursday 2:00 p.m.	Stoughton Senior Center	608- 873-8585	Concerned and Caring Spouses

## Mt. Horeb

Location	Date/Time	Organization	Phone	Notes
Mt. Horeb Senior Center 107 N. Grove St.	2 <sup>nd</sup> Tuesday 1 p.m.	Southwest Dane Senior Services	608- 437-6902	General Caregiving

## Oregon

Location	Date/Time	Organization	Phone	Notes
Oregon Senior Center 219 Park St.	3 <sup>rd</sup> Monday 9 a.m.	Oregon Senior Center	608- 835-9454	General Caregiving

Sienna Crest Office 845 Market St. Oregon	4 <sup>th</sup> Wednesday 6 p.m. – 7:30 p.m.	Alzheimer's Association	608- 835-0040	Supper & Support Sienna Crest coordinates
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### Verona

Location	Date/Time	Organization	Phone	Notes
Verona Senior Center 108 Paoli St.	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 10:30 a.m..	Verona Senior Center	608- 845-7471	General Caregiving (Club 108 consecutively for person with memory loss)

### Men's Group – Alzheimer's / dementia caregivers

Location	Date/Time	Organization	Phone	Notes
ADAW 517 N Segoe Rd. , Madison	2 <sup>nd</sup> Thursday 9:15 a.m.	Alzheimer's & Dementia Alliance	608- 232-3400	Alzheimer's / dementia

### Young Onset Alzheimer's / dementia

Location	Date/Time	Organization	Phone	Notes
ADAW 517 N Segoe Rd. Madison	2 <sup>nd</sup> Saturday 10:00 a.m.	Alzheimer's & Dementia Alliance	608- 232-3400	Caring for person with dementia under age 65

### On Line

Location	Date/Time	Organization	Phone	Notes
On Line	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 7 p.m.	Alzheimer's Association	608- 203-8500	Alzheimer's / dementia Caregivers under 40
On Line	Coming Fall 2016	Alzheimer's Association	608- 203-8500	Alzheimer's / dementia Caregivers over 40

**Dane County ADRC**

[www.daneadrc.org](http://www.daneadrc.org)

**608-240-7400**

**2865 North Sherman Ave. Madison WI 53704**



***Parkinson's Support***

<b>Location</b>	<b>Date/Time</b>	<b>Organization</b>	<b>Phone</b>	<b>Notes</b>
Caregiver Support - Monona United Methodist Church 606 Nichols Rd. Madison	1 <sup>st</sup> Wednesday 2:00 - 4 p.m.	Parkinson's Association	608-345-7938	Currently all women but men are welcome. No speakers. Open forum.
Asbury Church 6101 University Ave. Madison	3 <sup>rd</sup> Wednesday 2:45-3 p.m.	Parkinson's Association	608-345-7938	For people with PD and their partners. No speakers. New topic each week.
Verona Senior Center 108 Paoli St.	3 <sup>rd</sup> Friday 10 a..m.	Parkinson's Association	608-848-0432	
Waunakee Senior Center 333 S Madison St.	4 <sup>th</sup> Tuesday 2:00 p.m.	Parkinson's Association	608-849-8385	
Sun Prairie 301 Blankenheim Ln.	4 <sup>th</sup> Monday 1 p.m.	Parkinson's Association	608-345-7938	
Stoughton Senior Center 248 W Main St Stoughton	4 <sup>th</sup> Wednesday 1:30 p.m.	Parkinson's Association	608-873-8585	Caregivers – Stoughton Senior Center

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**608-240-7400**

**2865 North Sherman Ave. Madison WI 53704**

## Memory Cafés / Social Groups for People with Memory Loss & their caregivers

Location	Date/Time	Phone	Notes
DeForest Senior Center 505 N Main St. <b>DeForest</b>	4 <sup>th</sup> Friday 1-2:30 p.m.	608- 846-9469	DeForest Senior Center
Warner Park Community Center 1625 Northport Dr. <b>Madison</b>	3 <sup>rd</sup> Monday 1 – 3 p.m.	608- 232-3400	ADAW
ADAW 517 N Segoe Rd. <b>Madison</b>	4 <sup>th</sup> Saturday 11:30-1:30 p.m.	608- 232-3400	ADAW Potluck style café for those with young onset dementia – 65 and under
Captain Bill's Restaurant 2701 Century Harbor Rd. <b>Middleton</b>	1 <sup>st</sup> Friday 9:30-11:30 a.m.	608- 232-3400	ADAW
Middleton Senior Center 7448 Hubbard Ave. <b>Middleton</b>	Call to inquire	608- 831-2373	Middleton Senior Center Kathy Lauer – call to sign up
The Sunshine Place 1632 W Main St. <b>Sun Prairie</b>	2 <sup>nd</sup> Thursday 9:30-11 a.m.	608- 837-4611	Colonial Club
Steeplechase Apartments Clubhouse 5706 Steeplechase Dr. <b>Waunakee</b>	1 <sup>st</sup> Thursday 9:30-11 a.m.	608- 849-8385	Waunakee Senior Center Cindy Mosiman
Verona Senior Center 108 Paoli St. <b>Verona</b>	Every Wednesday 10 a.m.	608- 845-7471	Verona Senior Center Becky Losby
Stoughton Library 304 South 4 <sup>th</sup> St. <b>Stoughton</b>	1 <sup>st</sup> Tuesday 9:30-11 a.m.	608- 873-8585	Stoughton Senior Center Holle Camacho

Hope Lutheran Church 3702 County Hwy AB, McFarland <b>Cottage Grove/McFarland</b>	4 <sup>th</sup> Wednesday 9:30-11 a.m.	608-873-8585	Alzheimer's Association 608-203-8500
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**SPARK Programs --Museums on the Square offer programs for people with memory loss**

Children's Museum	<b>608-256-6445 ext 156</b>	<a href="mailto:registration@madisonchildrensmuseum.org">registration@madisonchildrensmuseum.org</a>
Historical Museum	608-261-9359	<a href="mailto:museum@wisconsinhistory.org">museum@wisconsinhistory.org</a>
Veterans Museum	608-267-1799	

***Day Centers***

<b>Name</b>	<b>Location</b>	<b>Phone</b>	<b>Info</b>
Catholic Charities	5401 Fen Oak Dr. Madison	608- 663-7117	\$66 / day
St. Mary's – SSM	2240 Atwood Ave. Madison	608-249-4450	\$62-93/day depending on care needs
Cross Plains -- NWDSS	1837 Bourbon Rd. Cross Plains	608-798-6937	\$70/day \$40/half day \$13/hour
EMMCA	4142 Monona Drive Madison	608-223-3100	\$75/day \$85/ day for drop in service(48 hours advance notice)
Sun Prairie	301 Blankenheim Ln. Sun Prairie	608-837-4611	\$11.65/hour
Oregon	219 Park St. Oregon	608-835-5801	\$35 half day 9 a.m. – 1 p.m.

**\*Rates are subject to change**

**Club 108 – This is not a full-service day center but can be a nice respite option**

Verona – club 108 Wednesdays 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 10 a.m.	108 Paoli St. Verona	608-845-7471	No cost
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***Dane County ADRC***

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